

B34 Evaluation of compliance to Malaysian Dietary Guidelines 2020 among students in IMU

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The updated Malaysian Dietary Guidelines (MDG) have been published recently to promote healthy eating and lifestyle among Malaysians. Studies have shown that Malaysian adults had poor compliance with the previous MDG 2010 recommendations. Hence, this study is carried out to determine the number of servings consumed for MDG food groups and to evaluate the compliance with MDG 2020 among students in International Medical University (IMU). Using convenience sampling and online recruitment, 140 students were recruited into the study. A self-administered questionnaire was used to obtain sociodemographic information. A self-administered two-day 24-hour dietary recalls were conducted to determine the dietary intake of students in IMU, then determined by food groups and categorised according to the MDG standardised serving size. Dietary compliance was evaluated by comparing their dietary intake (servings/day) to the MDG recommendations. 64.3% of students who completed the dietary recall were included in this study. Subjects were mostly female (82.1%), Chinese (85.7%) Medical students (45%) and were from the M40 household (46.4%) and parents with tertiary education levels (father:58.6%; mother:60.0%). This study found that 78.3% of students complied with MDG 2020 for meat/poultry (mean=1.66 servings/day) whereas 56.7% of students complied with cereal/grain products (mean=3.11 servings/day). Only 7.8% of students complied with fruits (mean=0.42 servings/day) and a mere 3.9% complied with milk/dairy products (mean=0.32 servings/day). Less than half of the students consumed plain water (32.2%), vegetables (27.8%), fish (24.4%), and legumes (20.6%) within the MDG recommendations. Mother's education level was significantly associated with the compliance with cereal/grain products, meat/poultry, and plain water ($p<0.05$). Majority of the students in IMU did not comply with MDG 2020 regardless of their sociodemographic characteristics. Further nutrition education and promotion are needed in promoting compliance to MDG 2020 in their dietary intake, especially fruits and milk/dairy products.